

**DEPARTMENT OF PHYSICAL EDUCATION
MAHARSHI DAYANAND UNIVERSITY ROHTAK**

**One Week National Level Workshop
On SPORTS CONDITIONING
From 12th – 18th February, 2012**

For Office Use
Registration
No. Date

Registration Form

1. Name of the Delegate: _____
2. Designation : _____
3. Organization : _____
4. Mailing Address : _____

5. Telephone(s) : _____
6. E.Mail : _____

The registration fee to be payable by Cash/DD in favour of HOD Physical Education, Maharshi Dayanand University, Rohtak payable at SBI, Maharshi Dayanand University, Branch, Rohtak.

Cash/DD for Rs. _____ No. _____ Dated _____

This form can be photocopied or downloaded from our website www.mdurohtak.com

Note:

Each participant has to stay in the accommodation provided by the University.

For Teachers only

Registration fee upto 25.1.2012 **Rs.4000/-**

Registration fee from 25.1.2012 to 10.2.2012 **Rs.4500/-**

On the day of workshop i.e. on 12.2.2012 registration fee of Rs. 5000/-

For Students/Scholars

Local Registration fee upto 25.1.2012 **Rs.1500/-**

Registration fee from 25.1.2012 to 10.2.2012 **Rs.2000/-**

On the day of workshop i.e. on 12.2.2012 registration fee of Rs. 2500/-

For outside Students/Scholars

Local Registration fee upto 25.1.2012 **Rs.2000/-**

Registration fee from 25.1.2012 to 10.2.2012 **Rs.2500/-**

On the day of workshop i.e on 12.2.2012 registration fee of Rs. 3000/-

National Level Workshop
On
Modern Developmental Trends in Sports Conditioning
12th to 18th February 2012
Programme

Dates & Days	Morning practical 7.00 to 8.30 am	Lecture 11.00 to 1.00 pm	Evening practical 3.30 to 5.00 pm
12.2.2012 Sunday	<ul style="list-style-type: none"> ➤ Opening ceremony at 10 am ➤ Key note speaker- Dr. G L Khanna ➤ Latest trends in sports conditioning- 		Introduction and orientation of fitness equipment. Recreational games.
13.2.2012 Monday	Warm up (general & specific) General fitness through playing recreational games Cool down	Means, methods, procedure and Principles of warm up and cool down Tea break----- Flexibility- type, factor determining & limiting factors, pre-stretch & stretching guidelines, measurement and methods.	Flexibility training- Self and partner assisted exercises using various methods.
14.2.2012 Tuesday	Core strength-stabilization and strengthening	Strength- types, factors determining, measurement, organization of strength training, Tea break----- Methods- Strength endurance Maximum strength Power	Determination of 1 RM Development of strength endurance

15.2.2012 Wednesday	Development of maximum strength, multy gym and barbell exercises	Physiotherapy- Injury prevention Rehabilitative exercises Massage Tea break----- Video session	Rehabilitative exercises Massage
16.2.2012 Thursday	Development of explosive strength with additional weight	Speed- types, factor determining, methods and measurement Tea break----- Video session	Plyometric exercises for explosive strength
17.2.2012 Friday	SAQ drills	Endurance- types, factors determining, measurement and methods Tea break----- Video session	Development of aerobic and anaerobic endurance
18.2.2012 Saturday	Smart machine exercises	Invited guest speech	Valedictory function at 3.00 pm